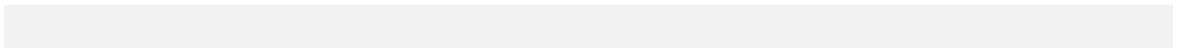
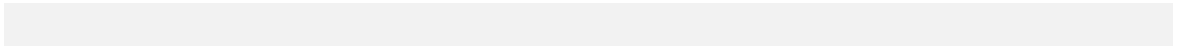
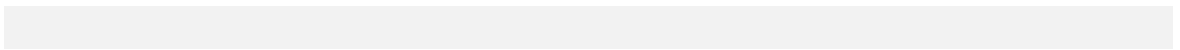
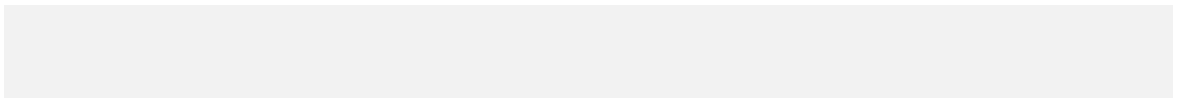


Reason why you decided to participate



[Redacted]

[Redacted]

[Redacted]

Information on the academic/research program

[Redacted]

[Redacted]

[Redacted]

Aspects of life

[Redacted]

(3) Problems experienced with language issues, advice concerning language, etc.
I did not have much problems with English, especially as I am a returnee student who had lived in New York for 3 years. If you're not as confident in your English, I advise brushing up on your oral skills- the English education in Japan provides enough for reading & writing, but oral in Japan seems to be lacking. However, listening & speaking is arguably more important in programs such as these- and the relationships you make with everyone with your oral skills will be priceless.
Aspects of life
(1) Accommodation (Type (home-stay, room-sharing etc.), cost, atmosphere/appearance of accommodation, how you found it, etc.)
We all stayed in a seminar house in the village of St.Margrethenberg. Rooms accommodated either 2, 4 or 8 persons. The cost of accommodation was included in the program fee. It was very comfortable to stay in.
(2) Living environment (such as climate, environment around the institution, transport facilities, food, managing your money (overseas money transfer, credit cards))
Not much around the seminar house- it is a small village. Transport from and to Zurich was provided by the program. During the program, we had almost no opportunity to use our own money- for me, I only used a total of 9 CHF to buy drinks at the restaurants.
(3) Aspects of risk and safety management (safety of local region, condition of medical facilities, any action taken in maintaining your mental and physical health, etc.)
No one was seriously injured/sick during the program. A first-aid kit was provided during the program (including during the practical work in the mountains) for minor injuries or illnesses, and we were told that a helicopter(albeit at a high cost) was available in extreme emergencies.
(4) Details of expenses (breakdown of costs, such as airfare, program fees, cost of required books, rent, food, travel cost, money spent on entertainment)
Airfare : 130,000 yen Program fee: 35,000 yen As I stayed in Zurich for 2 days before the start of the program, and after it I visited France for about a week, the total cost of the whole trip was around 300,000 yen. The fees related to the program were reasonable, especially as I was able to receive a scholarship totalling 160,000 yen. Also, since I did not have much mountaineering equipment(spike-soled shoes, wide-brimmed hats etc), I had to buy many of them for this program- it probably ended up costing as much as the program itself. If the same program is to be held again, future participants should note.
(5) Financial aid (if you were receiving financial aid/scholarships, please give the name of the source of the aid, amount, and how you found it, etc.)
JASSO: 80,000 yen Santander scholarship: 80,000 yen They were provided to all participants joining this program from the University of Tokyo.
(6) Activities other than academic/research work (sports, cultural, volunteer/internship, weekend activities, etc.)
There is not much time outside the program, as it is a short and intensive course- and, frankly, there's not so much to do outside. I engaged in many walks with other participants. The scenery is just beautiful.

Environment of the receiving institution
(1) Support facilities for students taking part in the program (such as language, academic, living support mechanism and counseling services)
As there are many participants who major in fields deeply related to this program, if you are unclear about something you could always ask a fellow student. The project coordinator, Ms. Messmer, was always at hand if we needed any help.
(2) Facilities (libraries, sports facilities, cafeteria, IT equipment and facilities, etc.)
My biggest gripe about this program was the poor Internet connectivity- the seminar house's wifi was very slow, and though one of the course assistants set up a mobile wifi hotspot, only up to 10 people could access it.
Looking back over the program
(1) The significance of the program and how you have developed by taking part in it, any other impression from having studied abroad
I have learned much from this program- not just from the lectures and field work, but also from talking with the other participants as well. I was surprised at how comfortable I was at speaking with everyone- this had been my first study-abroad in university, and I was somewhat worried if I could socialize with the other students. However, I ended up talking with most of the 30+ participants, made many friends that I would love to meet again, and exchanged various conversations, from priceless insights to mundane chitchats. It definitely boosted my confidence in studying abroad for a longer period of time- perhaps in a master's program. Of course, the insights from the course work were valuable as well- sustainability was simply not a subject I had studied, but now I can appreciate its intricacy and the approaches to it from various fields. The studies about our course location, Tamina Valley will of course not be directly applied to my field of study, but the concepts behind it are applicable to any subject regarding sustainability.
(2) Your plans after having studied abroad
I will renew my focus on my engineering studies; I realized that in order to work in an interdisciplinary manner, you have to represent your field yourself, which means that you must know not only individual subjects thoroughly, but also a more macroscopic knowledge is required as well- a bird's eye perspective, in other words. I would like to become apt in engineering that I can confidently provide an engineer's perspective.
(3) Any messages or advice for future participants
As I've stated, start preparing your submissions early! And start thinking early about your classes back at Uto쿄, as well.
Miscellaneous
(1) Websites or publications which were useful while preparing for or during your time overseas
I booked my flights via HIS, but the other participant from UToyko booked them through a website, resulting in a significantly cheaper airfare.
(2) Please submit any photographs which may be used on the University of Tokyo websites or publications.
please take a look here: https://photos.app.goo.gl/n8jEKhBPGJIaApBz1